

CHILDREN'S BOOKS AND RESOURCES REVIEW

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Using our Senses: Book and Resource List

The outdoors are sensory rich! Additionally, our senses are our primary tools for gathering information about the world around us. Consider the following books and resources to support sensory exploration in your spaces.

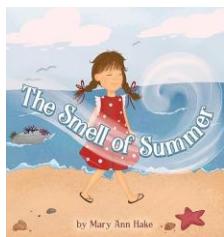
Sight



***Look* by Gabi Snyder**

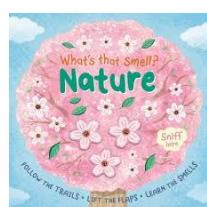
Look encourages us to pause and use our sense of sight to understand the world around us. Color, size, patterns, and more. The text encourages us to recognize alternating and other patterns in the illustrations. Backmatter includes additional activities centered on looking for patterns.

Smell



***The Smell of Summer* by Mary Ann Hake**

A blind girl encounters typical summer smells, from flowers, the pool, animals at the fair, a cookout, the beach, hay, a campfire, and more. The author has a full line up of seasonal smell books with the same character—fall, winter, and spring.

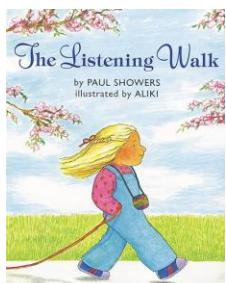


***What's that Smell? Nature: Follow the Trails, Lift the Flaps, Learn the Smells* by Igloo Books**

In this lift the flap board book with flaps, follow the scent trail to learn about the world around us. Children can lift the flaps, follow the finger trails, and explore the

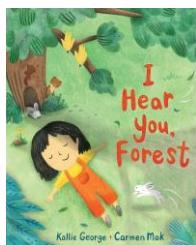
smells in the natural world, including scratch and sniff scents. The book follows scents through a garden, the forest, and fields.

Hearing



***The Listening Walk* by Paul Showers**

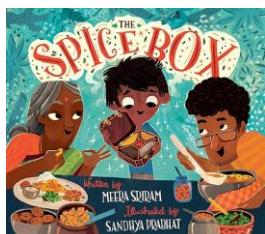
This classic book describes a girl's walk with her dog and dad, listening to the many sounds as she quietly walks. She hears sprinklers, lawnmower, cars, bicycle bell, pigeons, ducks, and so much more!



***I Hear You Forest* by Kallie George**

A child hears the many sounds in the forest, from the trees and the robin, to the frog and stream. The author has additional books on hearing the mountain and the ocean for different geographical regions. There are many onomatopoeia sounds as well! This invitation helps us to pause and consider the small sounds around us that make the music of the forest.

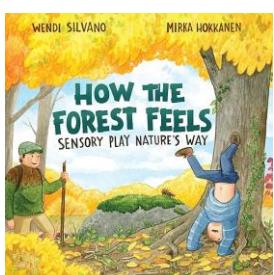
Taste



***The Spice Box* by Meera Sriram**

A little family story and a lot of sensory exploration through spices and culinary explorations. Unfortunately, he drops and breaks the box; however, his father helps and the boy is able to refill his box with the delicious smells of home. Pair it with some spices in outdoor play.

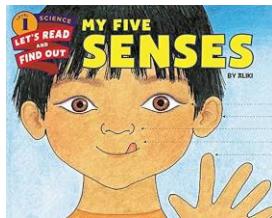
Touch



***How the Forest Feels: Sensory Play Nature's Way* by Wendi J. Silvano**

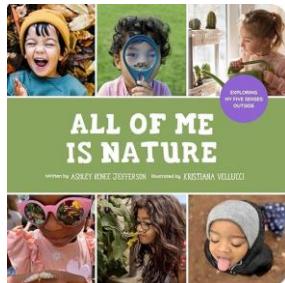
A child and grandfather go on a walk to explore the forest. Along the way, their senses become a tool to experience the world around them. Touch in particular comes to the forefront through texture descriptions such as the polished and wet stone, the jagged and hard pinecone, and the crumbling and cracked fallen log. The backmatter includes an author's note and scavenger hunt.

General



***My 5 Senses* by Aliki**

A simple read aloud exploring the senses and how they interact. Our senses are always ready to help us connect to the world around us.



***All of Me is Nature: Exploring My Five Senses Outdoors* by Ashlee Renee Jefferson**

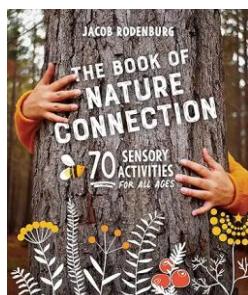
In this photographic outdoor sensory exploration, poetic verse encourages us to touch, smell, hear, taste, and see the world around us. I appreciate that the book has more diverse representations of children and that we are nature. A wide variety of settings are included.

Additional Resources

Get the Kids Outside: Sensory Activities

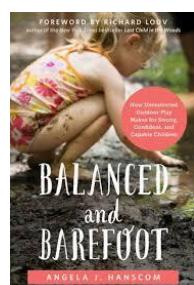
This article outlines the need for sensory play, as well as easy activities to connect with nature through our senses. It also includes vestibular and proprioceptive senses!

<https://getthekidoutside.com/outdoor-sensory-activities/>



***The Book of Nature Connection: 70 Sensory Activities for All Ages* by Jacob Rodenburg**

Sorted by sense, these timeless approaches to interact with nature hone our connection through each of the senses. I actually chose to use this with preservice educators as part of a field-based nature-study course as it has the many tricks and tips of being a naturalist in one short, easy to digest book. Some activities are for older children/adults, but most can be adapted for our early childhood spaces.



***Balanced and Barefoot* by Angela Hanscom**

An all-purpose book advocating for more time outside, including sensory play. The outdoors is sensory rich, making it a perfect place to play and use our bodies in a variety of ways. As an occupational therapist, Hanscom has a unique perspective. Read it, though I suspect you already have! Good for a book club with parents as well.